

ALLYN-RIFORD POOL SCHEDULE

Effective 9/7/2026

	MON 9/7	TUE 9/8	WED 9/9	THUR 9/10	FRI 9/11	SAT 9/12	SUN 9/13	
9	9/7	9/8	9/9	9/10	9/11	9/12	9/13	
5:00	CLOSED FOR LABOR DAY							5:00
6:00			Laps		Laps			6:00
7:00								7:00
7:15								
7:30		Laps	Break 7:15-	Laps	Break 7:15-			7:30
7:45								
8:00			Laps		Laps	Laps	Laps	8:00
8:30		Break 8:30-		Break 8:30-				8:30
8:45								
9:00		Aqua HIIT	Break 9-9:15	Aqua HIIT	Break 9-9:15			9:00
9:15			Aquacize		Aquacize			9:30
9:30								
10:00			Break 10-10:15		Break 10-10:15			10:00
10:15		Laps	Laps	Laps	Laps	Laps/Family	Laps/Family	10:15
11:00								11:00
11:15								
11:30								
11:45		Break 11:45-	Break 11:45-	Break 11:45-	Break 11:45-			
Noon		Laps	Laps	Laps	Laps			Noon
1:00								1:00
1:30 PM		Laps/Family	Laps/Family	Laps/Family	Laps/Family			1:30
1:45 PM								
2:00								2:00
2:45 PM								2:30 PM
3:00		Break 3-3:15	Break 3-3:15	Break 3-3:15	Break 3-3:15			2:45 PM
3:15								3:00
3:30								
3:45 PM		Laps/Family	Laps/Family	Laps/Family	Laps/Family			3:45 PM
4:00								4:00
4:30		Break 4:45-5	Break 4:45-5	Break 4:45-5	Break 4:45-5			4:30
5:00								5:00
5:45								
6:00		Laps/Family	Laps/Family	Laps/Family	Laps/Family			6:00
6:30 PM								6:30 PM
7:00								7:00
7:30								7:30 PM
8:00								8:00
8:30								
9:00								9:00

Laps: lap member swimmers of any age.
Adult- For adult members only
Family: Open swim for all members.

Children under 6 yrs old must be within arm's reach of supervising adult in the water.
Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. **Children under 5'** who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a

EMERSON POOL SCHEDULE

Effective 9/7/2026

	MON	TUE	WED	THUR	FRI	SAT	SUN						
	9/7	9/8	9/9	9/10	9/11	9/12	9/13						
5:00	CLOSED FOR LABOR DAY Self Directed Aquatic Fitness Self Directed Aquatic Fitness							5:00					
6:00								6:00					
7:00								7:00					
7:30													7:30
8:00								CLOSED FOR LABOR DAY	Self Directed Aquatic Fitness	Self Directed Aquatic Fitness	8:00		
8:30											8:30		
9:00											9:00		
9:30												9:30	
10:00												10:00	
10:30												10:30	
11:00												11:00	
11:30												11:30	
Noon												Noon	
12:30												12:30	
1:00												1:00	
1:30 PM													
2:00												2:00	
2:30													
2:45													
3:00												3:00	
3:30													
4:00												4:00	
4:30												4:30	
5:00									Laps/Family		Laps/Family		5:00
5:30													5:30
5:45													
6:00									AquaHigh/DWF		AquaHigh/DWF	Children under 6 yrs old must be within arm's reach of supervising adult in the water. Children 6-7 must have an adult in the pool area and pass the deep-end test, wear a lifejacket, or be accompanied by an adult within arm's reach in the water. Children under 5' who cannot pass the deep-end test must be accompanied by an adult within arm's reach in the water or wear a lifejacket.	6:00
7:00													7:00
8:00													8:00
9:00													9:00

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